

ECFE Learning Links—Fall 2017

Gingerbread Man



Child's Perspective:

Teach me what's important and how to relax when days are full and life is busy.

Finding the Calm in the Chaos

Parent Perk:

Parents support their children's development when they:

- * Value and create daily family time together
- * Balance family and work demands to best meet the needs of family members

Minnesota Parent Education Core Curriculum Framework, 2011

What We Did in School This Week

Art Table: Decorate Your Own Gingerbread Man

Easel: Gingerbread Man Painting

Science Table: M & M Rainbow

Math Table: Gingerbread Man Number Matching

Gingerbread Man Counting

Handwriting Table: iPad Alphabet Tracing

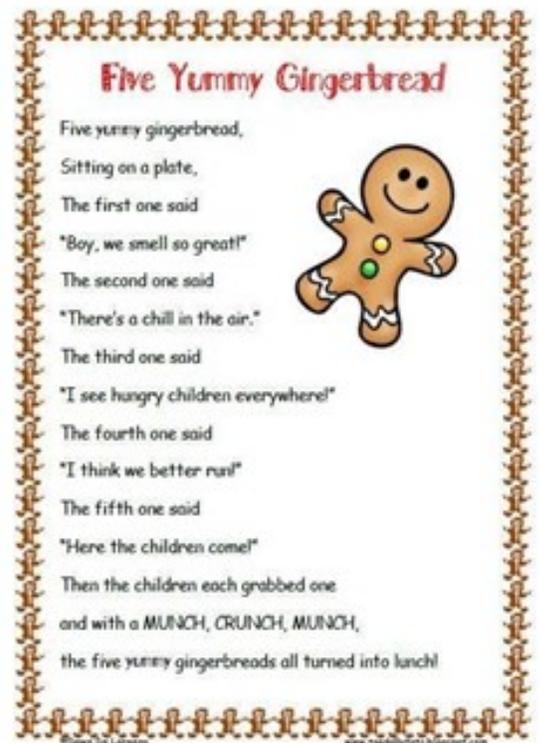
Sensory Table: Pom Poms with shovels, buckets and tweezers

Book: The Gingerbread Man by Paragon Books

Circle Time Activity: Parachute with cotton balls to make it snow in the classroom

Activity Table: Gingerbread Man Matching and/or Picture Rhyming
Gingerbread Man Color By Number

Hands On Table: Build a Cotton Shaped Gingerbread Man



We hope you have a wonderful holiday break! We look forward to seeing you the week of January 8, 2018!



To find calm in the midst of chaos, it helps to remember the following:

1. **This Too Shall Pass:** Parents—and children—can easily get caught up in the stresses of the moment and forget that nothing lasts forever. It's a lot easier to hold on when you remember that time will move you through just about anything.
2. **False Obligations Are Crazy-Making:** It's hard to find calm if you're overcommitted. Are you trying to keep up with friends you're just not that close to anymore? Do you make commitments you shouldn't because it's easier than saying "no?" Sometimes we're overwhelmed by obligations we created ourselves for no compelling reason. Allow yourself to let go of things that are not necessary.
3. **Wait and See:** For some of us, it's an automatic reflex. Something goes wrong and we immediately start throwing out statements like, "Now this (insert bad thing) is going to happen and that (insert bad thing) is going to happen." Pessimism is a bad habit. To kick it, become aware of it and stop its rant by telling yourself to "wait and see."
4. **It's All Funny:** Joan Rivers: "Life goes by fast. Enjoy it. Calm down. It's all funny. Everyone gets so upset about the wrong things." Word.
5. **Breathe:** Life is full of stresses and the best way to find your calm is through your breath. It's mobile, discreet and always available. It's easy to get into the habit of taking a moment to stop and breathe in and out slowly when stressed and, once it's a habit, it comes naturally.

So, the next time you find yourself upset and freaking out, remind yourself that:

You have the power to find the calm in the chaos!

And then go do it.

What do you do when you're upset to create calm?

Adapted from an article at positivelypositive.com

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You can find a copy of the McKinley Parent Manual at www.faribault.k12.mn.us/schools/mecc under "**For Parents.**"

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